

**Air Touch User Manual**  
**Mobile Therapy TENS/EMS AT001**

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## 1. FORWARD

### 1.1 DEVICE INTRODUCTION

Thank you for purchasing our TENS pain relief massager.

TENS massager not only relieves neck pain, shoulder pain, back pain, lumbago but also menstrual pain and discomfort.

### 1.2 INTENDED USERS

The TENS massager is intended for use by individuals aged 16 and above, including both men and women.

### 1.3 PRINCIPAL OF OPERATION

TENS massager is a TENS message stimulator. Before using, please read all the instructions in the user manual carefully and keep it safe for future use.

The TENS massager has 26 massage modes and applies electric currents in the low frequency range for therapy. Each program was designed with specific pulses, frequencies, pulse lengths, and intensities that are suitable for its intended use.

Based on stimulation of the body's natural pulses, the mechanism of electrical stimulation equipment is to create electric impulses that are transcutaneous transmitted to nerves or muscle fibers through electrodes. When these pain signals are halted, pain is not felt by the reactive area and the patient gets relief. Low frequency bursts of mild electrotherapy also help activate the natural pain control response, releasing endorphins that ease the pain felt by the patient.

## 1.4 MEDICAL BACKGROUND

### 1.4.1 WHAT IS EMS?

Electrical Muscle Stimulation (EMS), also known as neuromuscular electrical stimulation (NMES), is the elicitation of muscle contraction using electrical impulses. EMS has the potential to serve as a strength training and rehab tool, as well as offer post-exercise recovery benefits for athletes.

### 1.4.2 WHAT IS TENS?

TENS (Transcutaneous Electrical Nerve Stimulation) is effective in relief of pain. It is daily used and clinically proven by physiotherapists, caregivers and top athletes around the world. High frequency TENS currents activate the pain inhibiting mechanisms of the nervous system. Electrical impulses from electrodes placed on the pain area stimulate the nerves to block the pain signals to the brain, causing the pain to go unperceived. Low frequency TENS currents facilitate the release of endorphins, the body's natural painkillers.

## 2. SAFETY INFORMATION

### 2.1 INTENDED USE

This product provides temporary relief from pain due to menstrual cramps, as well as muscle pain and strain. It helps soothe discomfort, allowing you to feel more at ease and get back to your daily activities.

### 2.2 IMPORTANT SAFETY PRECAUTIONS AND WARNINGS

It is important that you read ALL the warnings and precautions included in this manual, because they are intended to keep you safe, prevent risk of

injury, and avoid a situation that could result in damage to the device.

## SAFETY SYMBOLS USED IN THIS MANUAL

### 2.2.1 CONTRAINDICATION

- 1) Do not use this device if you are using a cardiac pacemaker, implanted defibrillator, or other implanted metallic or electronic devices. Such use could cause electric shock, electrical interference, or death.
- 2) The device should not be used when cancerous lesions or other lesions are present in the treatment area
- 3) The device should not be applied over swollen, infected, inflamed areas or skin eruptions. (e.g. phlebitis, thrombophlebitis, varicose veins, etc.)
- 4) Electrode placements must be avoided in the carotid sinus area (anterior neck) or transcerebrally (through the head).
- 5) This device should not be used in overly enervated areas.
- 6) Inguinal hernia
- 7) Do not use it on the scarred area following a surgery for at least 10 months after the operation
- 8) Do not use it with serious arterial circulatory problems in the lower limbs.

### 2.2.2 WARNING

- 1) If you have had medical or physical treatment for your pain, consult

your physician before use.

2) If your pain is not subdued, becomes more than mild, or lasts for more than five days, stop using the device and consult with your physician.

3) Do not apply stimulation over your neck, because this could cause severe muscle spasms resulting in closure of your airway, difficulty in breathing, or adverse effects on heart rhythm or blood pressure.

4) Do not apply stimulation across your chest, because the introduction of electrical current into the chest may cause rhythm disturbances to your heart, which could be lethal

5) Do not apply stimulation over, or in proximity to cancerous lesions.

6) Do not apply stimulation in the presence of electronic monitoring equipment (e.g. cardiac monitors, ECG alarms), which may not operate properly when an electrical stimulation device is in use.

7) Do not apply stimulation when in the bath or shower.

8) Do not apply stimulation while sleeping.

9) Do not apply stimulation while driving, operating machinery, or during any activity when electrical stimulation can put you at risk of injury.

10) Apply stimulation only to normal, intact, clean, healthy skin.

11) The long term effects of electrical stimulation are unknown. Electrical stimulation devices cannot replace drugs.

12) Stimulation should not take place while the user is connected to high-frequency surgical equipment, which may cause burn injuries on the skin under the electrodes, as well as problems with the stimulator.

13) Do not use the stimulator in the vicinity of shortwave or microwave therapy equipment, since this may affect the output power of the stimulator.

14) Never use it near the cardiac area. Stimulation electrodes should never be placed anywhere on the front of the thorax (marked by ribs and breastbone), but above all not on the two large pectoral muscles. There it can increase the risk of ventricular fibrillation and lead to cardiac arrest.

15) Never use it on the eye, head, and face area.

16) Never use it near the genitals.

17) Never use it on the areas of the skin which lack normal sensation.

18) Keep electrodes separate during therapy. It could result in improper stimulation or skin burns if electrodes are in contact with each other.

19) Keep the stimulator out of reach of children.

20) Consult your doctor if you are in any doubt whatsoever.

21) Discontinue it and do not increase the intensity level if you feel discomfort during use.

### 2.2.3 PRECAUTIONS

1) TENS is not effective for pain of central origin including headache.

2) TENS is not a substitute for pain medications and other pain management therapies.

3) TENS is a symptomatic therapy, and as such, suppresses the

sensation of pain that would otherwise serve as a protective mechanism.

4) Effectiveness is highly dependent upon patient selection by a practitioner qualified in the management of pain patients.

5) Since the effects of stimulation of the brain are unknown, stimulation should not be applied across your head and electrodes should not be placed on opposite sides of your head.

6) The safety of electrical stimulation during pregnancy has not been established.

7) You may experience skin irritation or hypersensitivity due to the electrical stimulation or electrical conductive medium (silica gel).

8) If you have suspected or diagnosed heart disease or epilepsy, you should follow precautions recommended by your physician.

9) Caution if you have a tendency to bleed internally (e.g. following an injury or fracture.)

10) Consult with your physician prior to using the device after a recent surgical procedure, because stimulation may disrupt the healing process.

11) Caution if stimulation is intended to be applied over the menstruation or pregnant uterus.

12) For single patient use only.

13) This stimulator should not be used by patients who are non-compliant and emotionally disturbed including those with dementia or low IQ.

14) The instruction of use is listed and should be obeyed; any improper use may be dangerous.

15) Rare cases of skin irritation may occur at the site of the electrode placement following long term application.

16) Do not use this device in the presence of other equipment which sends an electrical pulse to your body.

17) Do not use sharp objects such as a pencil or ballpoint tip to operate the buttons on the control panel.

18) Check the electrode connections before each use.

19) Electrical stimulators should be used only with the electrodes recommended for use by the manufacturer.

#### 2.2.4 ADVERSE REACTION

1) Possible skin irritation or electrode burn under the electrodes may occur.

2) On very rare occasions, first time users of TENS report feeling light headed or faint. We recommend that you use the product while seated until you become accustomed to the sensation.

3) If the stimulation makes you uncomfortable, then contact your physician if problems continue.

### 3. ADDITIONAL BENEFITS

- TENS relieves menstrual pain and discomfort.
- TENS increases feelings of well being.
- TENS allows you to carry out your routine activities.

- TENS is easy to apply and to use.
- TENS is a compact, pocket sized device that you can carry in your handbag when not in use and wear comfortably under your clothes when needed.

Simply attach TENS to the area of your body where you have the most pain, switch it onto the desired amplitude, and then go about your normal routine. You customize your level of treatment.

TENS is NOT a medication and is non-invasive. It is the closest thing to a natural treatment for menstrual pain.

## NOTE

Use only as directed, and consult your doctor if pain or symptoms persist.

TENS is a non-invasive treatment, and should be used only on uninjured skin.

TENS is NOT medication.

## 4. PACKAGE CONTENTS

### 4.1 REGULAR

No.	Description	QTY
1	TENS device	1 pc
2	Butterfly electrode pad	2 pc
3	Round electrode pad	2 pc
4	Short electrode cable 15cm	1 pc
5	Long electrode cable 61cm	1 pc
6	USB Charging cable	1 pc

7	Hard plastic electrode plate	2 pc
8	Carrying bag	1 pc
9	User manual English/French	1 pc
10	Function guide English/French/Tagalog	1 pc

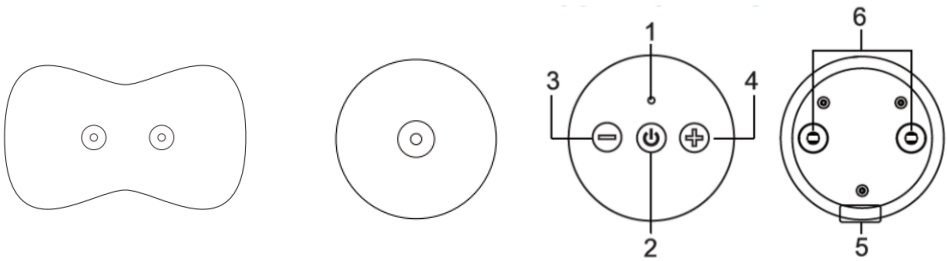
## 4.2 DELUXE VERSION

No.	Description	QTY
1	TENS device	2 pc
2	Butterfly electrode pad	2 pc
3	Round electrode pad	4 pc
4	Short electrode cable 15cm	2 pc
5	Long electrode cable 61cm	2 pc
6	USB Charging cable	1 pc
7	Hard plastic electrode plate	2 pc
8	Carrying bag	1 pc
9	User manual English/French	1 pc
10	Function guide English/French/Tagalog	1 pc

## 5. GETTING TO KNOW AIR TOUCH TENS

No.	Description
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1	<p>[ON / OFF] button:</p> <p>Short press the [ON / OFF] button to turn on the device;</p> <p>At treating mode, short press the [ON / OFF] button to select the treating modes;</p> <p>At treating mode, long press the [ON / OFF] button for 3 seconds to turn off the device.</p>
2	<p>Indicator light: Red light corresponding low power, Green light corresponding charging complete.</p>
3	<p>press “+” button to increase the intensity</p>
4	<p>press”-”button to decrease the intensity</p>
5	<p>Charge interface</p>
6	<p>Snap: connect the button type electrode pad</p>



**6. SPECIFICATION**

**6.1 TECHNICAL INFORMATION**

Device name	AIR TOUCH TENS Massager
Model/type	AT001

Power supply	3.7V, 180mAh
Device Intensity	25 levels
Battery	3.7V/180 mAh Polymer rechargeable battery
Battery Duration	About 10-12 cycles
Weight	24g
Stimulation modes	26
Charging Voltage	5V
Fully Charged	approx. 2 hours
Duration	Approx. 300 min
Max.output	2.5w
Material	ABS
Size	Length & Width 58mm,Height 12.5mm

## 7. OPERATION INSTRUCTION

### 7.1 CONNECT THE ELECTRODE PAD

Before proceeding to this step, be sure the device is completely switched OFF. Connect the electrode pad on the device directly by the snaps. Make sure they are properly connected to ensure good performance.

#### CAUTION

Always use the electrode pads which comply with the requirements of the IEC/EN60601-1,ISO10933-1/-5/-10 and IEC/EN60601-1-2, as well as CE and FDA510(k) regulation.

### 7.2 ELECTRODE

## 7.2.1 ELECTRODE OPTIONS

The electrodes are disposable and should be routinely replaced when they start to lose their adhesiveness. If you are unsure of your electrode adhesive property, please order new replacement electrodes.

Replacement electrodes should be re-ordered under the advice of your physician or the device manufacturer to ensure proper quality. Follow application procedures outlined on electrode packings when using the new replacement electrodes to maintain optimal stimulation and to prevent skin irritation.

### CAUTION

1. Always remove the electrodes from the skin with a moderate pull in order to avoid injury in the event of highly sensitive skin.
2. Before applying the self-adhesive electrodes, it is recommended to wash and degrease the skin, and then dry it.
3. Do not turn on the device when the self-adhesive electrodes are not positioned on the body.
4. To remove or move the electrodes, switch off the device or the appropriate channel first in order to avoid unwanted irritation.
5. Never remove the self-adhesive electrodes from the skin while the device is still on.

## 7.2.2 ELECTRODE PLACEMENT

AIR TOUCH is a kind of suitable massager for home use. You only have to use according to the user manual, place the electrode on the position where you feel pain. Conduction exercise, and adjustment based on your own feeling.

## CAUTION

Use only the electrodes supplied with the device or supplied by an authorized TENS distributor.

## 8. INSTRUCTIONS FOR USE

### 8.1 DEVICE TO PAD INSTALLATION

**Warning:** Please make sure the device is OFF first before attaching to the pad. Do not turn on the device until it is adhered to skin. Attach the device to the gel pad by snapping them on.

Skin Preparation Device is still turned off: Trim, DO NOT shave excessive hair on treatment area. Wash the skin then dry completely. (Treatment area should be void of any lotions/oils.)

Peel off the protective film on the gel pad and attach the pad to the center of the lower back or belly. A friend or family member may assist. (Save the protective film as you will reuse this). It is recommended to lay down on the stomach or stand straight up during treatment.

### 8.2 HOW TO USE AIR TOUCH

1. Download the AIR TOUCH app from apple store or google play for free.
2. Connect the device with the AIR TOUCH app
  1. **How to connect the device and App?** Connect the pads to the device by clipping them on and then remove the protective film.
  2. Place the pads on the desired area that you want to massage.

3. Press the center button on the unit while turning on the TENS unit.
4. Initiate Bluetooth function of phone, after that turn on the App on your Phone.
5. Press “Scan Nearby Device”, you will see the device name “Air Touch”, then the App will connect the TENS device automatically,
6. The logo color of the automatically connected device will be shown in blue, and at the bottom of the device will be shown “Device connected”
7. Once connected, click “Continue” and the application will switch to the treatment area page.
8. **You might encounter this situation:** When you turn on your Bluetooth, the phone automatically pops up the connectable device and you need to enter a PIN to connect the device. Please ignore it and enter the APP to operate.

Note: Bluetooth of mobile phone can't directly connect to the device. (All operations are controlled by APP AirTouch)

3. Short press [ON / OFF] button to turn on the device, device always starts on Model 1 TENS mode, the Red indicator light will be on.
4. Short press [ON / OFF] button to switch the modes to other TENS modes / Switch modes on the app.
5. Press “+” or “-” button to increase or decrease the intensity / adjust intensity through the app

### 8.2.1 DEVICE CHARGING

Step 1: Connect the USB cable with AIR TOUCH.

Step 2: Connect the USB cable with suitable Adapters. (Smartphone adapters and computer USB ports are suitable)

Step 3: It takes about 2 hours to fully charge the device. When finished, the light will turn blue.

Step 4: When the light is blue, disconnect the USB cable and store it for further use.

### 8.3 STORAGE AND MAINTENANCE

1. Fully charge the battery before long term storage and charge it every two or three months to extend the life of the battery.

2. Use baby wipes to clean any stains or dust on the device.

3. Use a wet towel to clean the gel pad and allow it to air dry to maintain pad adhesiveness.

4. The gel pad needs to be replaced when it no longer adheres to the skin. (approximately 25-30 applications)

5. Store device in original packaging.

Please DO NOT USE or STORE this device under the following circumstances:

- In the sun
- In dusty environment
- Near fire or heat
- In humid environment
- In an electromagnetic environment

### 8.4 GEL PAD USAGE

Make sure the skin is clean and does not contain any lotion before applying the pad. The gel pad is a consumable and will last about 30 applications depending on your skin type, oils, and PH levels. When a

replacement is needed, please purchase gel pads from our website:  
<https://airtouch-de.com/>

## 9. BASIC TROUBLESHOOTING GUIDE

Problem	Cause	Solution
Can't feel any stimulation	The intensity level is not properly adjusted	Press the "+" button until stimulation is felt
	Gel pads are not firmly attached to the skin	Attach the gel pads firmly to the skin.
	The adhesive surface of the gel pad is damaged	Replace it with a new gel pad.
	The adhesive surface of the gel pad is dirty or dusty	See storage & maintenance and clean the gel pads
Electrical stimulation is too weak	The battery is very low	Charge the device
	The adhesive surface of the gel pad is damaged	Replace with a new pad
	The adhesive surface of the gel pad is dirty or dusty	See storage, & maintenance clean the gel pad
Electrical stimulation is too strong	The intensity level is too high or pads are not attached correctly.	Press the "-" button to decrease intensity
Stimulation stopped unexpectedly	The battery is low	Charge the device
Gel pad won't stay firmly attached to the skin	The adhesive surface of the gel sheet is dirty or dusty	See storage & maintenance Clean gel pad
	The adhesive surface of the gel pad is damaged	Replace it with a new pad

The skin turns red or becomes irritated	The gel pads are not firmly attached to the skin	Make sure the skin is clean and attach gel pad firmly to skin. (no lotion / oils)
	Adhesive surface of the gel pad is dirty or dried out	See storage maintenance
	The adhesive surface of the gel pad is damaged	Replace it with a new pad

**STOP USING THE DEVICE IF ANY PROBLEM REMAINS UNSOLVED AFTER TRYING THE SOLUTIONS WE SUGGEST.**